Lupine Adventure Co-operative – Duke of Edinburgh's Award Kit List

Personal kit list that you should provide yourselves

Req	Pkd	
		Walking socks
		T-Shirts (synthetic, technical T-shirts are best)
		Walking trousers (synthetic tracksuit trousers or leggings)
		Warm layer (jumper, fleece pullover or jacket)
		Underwear
		Pair of gloves
		Warm hat
		Sun hat
		Sun cream
		Personal medication & small first aid kit
		Watch
		Whistle
		Torch
		Spare batteries / or spare torch
		Notebook and pen / pencil
		Mobile phone (fully charged but switched off)
		Water bottle
		Food
		Emergency food rations
		Cutlery, bowl and mug
		Lighter / matches
		Small wash kit
		Towel
		Small amount of money for emergencies
		Strong plastic bags / Bin liners (to line rucksack)
		Trainers/flip-flops (optional)
		Small repair kit (gaffer tape, cable ties)

Personal kit that we can provide if necessary

Req	Pkd	
		Rucksack (65 litre capacity as a maximum)
		Sleeping mat
		Sleeping bag
		Sleeping bag liner (optional)
		Waterproof jacket
		Waterproof over trousers
		Pair of walking boots

Group kit that we can provide if necessary

Req	Pkd	
		Tents
		Cooking stove
		Fuel for stove
		Group first aid kit
		Maps
		Compasses
		Survival bag

Group kit that you should provide yourselves

Req	Pkd	
		Tea towel
		Washing-up liquid
		Pan scourer / J-cloths
		Plastic bags (for rubbish)

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